



Full Report (All Nutrients) 09203, Oranges, raw, Florida

Report Date: June 30, 2017 16:25 EDT

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse:26% Refuse Description: Peel and seed

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, without membranes 185g	1 fruit (2-5/8" dia) 141g	1 fruit (2-11/16" dia) 151g
Vitamin C, total ascorbic acid	mg	45.0	--	--	83.2	63.5	68.0
Thiamin	mg	0.100	--	--	0.185	0.141	0.151
Riboflavin	mg	0.040	--	--	0.074	0.056	0.060
Niacin	mg	0.400	--	--	0.740	0.564	0.604
Pantothenic acid	mg	0.250	--	--	0.463	0.352	0.378
Vitamin B-6	mg	0.051	1	--	0.094	0.072	0.077
Folate, total	µg	17	3	3.265	31	24	26
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	17	3	3.265	31	24	26
Folate, DFE	µg	17	--	--	31	24	26
Choline, total	mg	8.4	--	--	15.5	11.8	12.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	11	--	--	20	16	17
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	71	--	--	131	100	107
Carotene, alpha	µg	11	--	--	20	16	17
Cryptoxanthin, beta	µg	116	--	--	215	164	175
Vitamin A, IU	IU	225	--	--	416	317	340
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	129	--	--	239	182	195
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	0.33	0.25	0.27
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.025	--	--	0.046	0.035	0.038
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, without membranes 185g	1 fruit (2-5/8" dia) 141g	1 fruit (2-11/16" dia) 151g
14:0	g	0.001	--	--	0.002	0.001	0.002
16:0	g	0.023	--	--	0.043	0.032	0.035
18:0	g	0.001	--	--	0.002	0.001	0.002
Fatty acids, total monounsaturated	g	0.039	--	--	0.072	0.055	0.059
16:1 undifferentiated	g	0.005	--	--	0.009	0.007	0.008
18:1 undifferentiated	g	0.034	--	--	0.063	0.048	0.051
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.042	--	--	0.078	0.059	0.063
18:2 undifferentiated	g	0.031	--	--	0.057	0.044	0.047
18:3 undifferentiated	g	0.011	--	--	0.020	0.016	0.017
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.007	--	--	0.013	0.010	0.011
Threonine	g	0.011	--	--	0.020	0.016	0.017
Isoleucine	g	0.019	--	--	0.035	0.027	0.029
Leucine	g	0.017	--	--	0.031	0.024	0.026
Lysine	g	0.035	--	--	0.065	0.049	0.053
Methionine	g	0.015	--	--	0.028	0.021	0.023
Cystine	g	0.007	--	--	0.013	0.010	0.011
Phenylalanine	g	0.023	--	--	0.043	0.032	0.035
Tyrosine	g	0.012	--	--	0.022	0.017	0.018
Valine	g	0.030	--	--	0.056	0.042	0.045
Arginine	g	0.049	--	--	0.091	0.069	0.074
Histidine	g	0.013	--	--	0.024	0.018	0.020
Alanine	g	0.038	--	--	0.070	0.054	0.057
Aspartic acid	g	0.085	--	--	0.157	0.120	0.128

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, without membranes 185g	1 fruit (2-5/8" dia) 141g	1 fruit (2-11/16" dia) 151g
Glutamic acid	g	0.071	--	--	0.131	0.100	0.107
Glycine	g	0.071	--	--	0.131	0.100	0.107
Proline	g	0.035	--	--	0.065	0.049	0.053
Serine	g	0.024	--	--	0.044	0.034	0.036
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0